



English
简体中文 / 繁體中文
한국어

青森 ⇨ 函館

A O M O R I

青森 青森 아오모리

H A K O D A T E

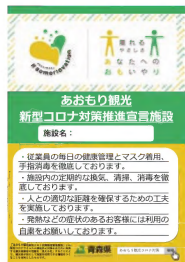
函館 函館 하코다테



Aomori and Hakodate
Tourism Character "Ikube"®

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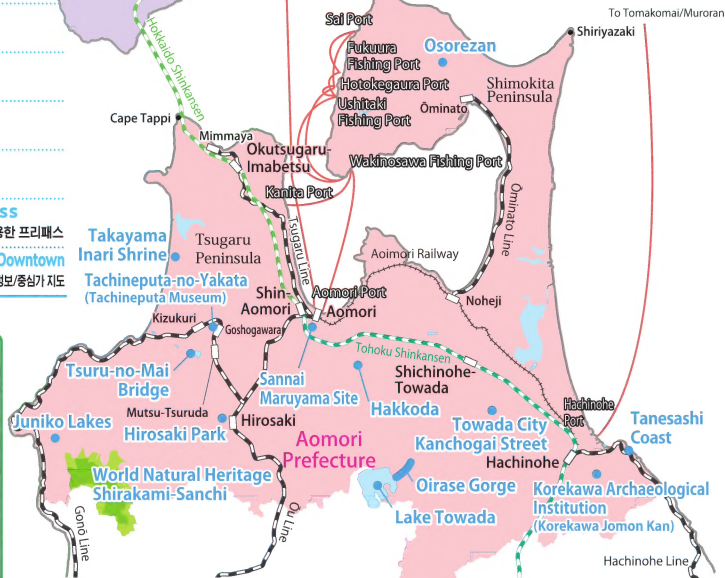


Facilities displaying posters or stickers as "Aomori tourism facilities declaring the promotion of countermeasures against the new coronavirus" are facilities that are voluntarily implementing countermeasures to prevent new coronavirus infections.

张贴有「青森观光新冠病毒对策推进宣言设施」海报及贴纸的设施，是主动实施新冠病毒感染预防对策的设施。

张贴有「青森観光新冠病毒対策推進宣言施設」海报及贴纸的设施，是主动实施新冠病毒感染预防对策的设施。

「アオモリ観光コロナ바이러스-19 대책 추진선언 시설」의 포스터나 스티커가 표시된 시설은 코로나바이러스-19 감염증 방지 대책을 자주적으로 실시하고 있는 시설입니다.



*Maps and route maps are rough sketches.

What is the Tohoku Destination Campaign?

Check the website for details on Tohoku DC!▶



The municipalities and tourism officials of the six Tohoku prefectures and the Southern Hokkaido have come together with the six JR companies to conduct a large-scale tourism campaign. It is the first such initiative, held in this wide area for six months over the period from Apr 1 to Sep 30, 2021. By holding this Tohoku DC campaign on the occasion of the tenth memorial year of the earthquake, we will combine the strength of each prefecture into a greater strength and, by sharing news of the attractions of Tohoku and Southern Hokkaido both in Japan and overseas, we will promote the Tohoku and Southern Hokkaido tourism brands.

这是东北6县与北海道道南的地方政府、旅游相关企业、JR（日本旅客铁路公司）6家公司等联合实施的大型旅游活动。举办期间为2021年4月1日~9月30日，像这样在广域地区举办为期6个月的活动尚属首次。在地震灾害后第10年的节点举办的「东北地方旅游活动」，汇聚各道县之力，形成巨大的力量，向国内外宣传日本东北与北海道道南的魅力，推进东北与道南旅游的品牌化。

這是東北6縣與北海道道南的地方政府、旅遊相關企業、JR（日本旅客鐵路公司）6家公司等聯合實施的大型旅遊活動。舉辦期間為2021年4月1日~9月30日，像這樣在廣域地區舉辦為期6個月的活動尚屬首次。在地震災害後第10年的節點舉辦的「東北地方旅遊活動」，匯聚各道縣之力，形成巨大的力量，向國內外宣傳日本東北與北海道道南的魅力，推進東北與道南旅遊的品牌化。

도호쿠 6현과 홋카이도 도남 지자체나 관광 관계자와 JR 6사 등이 하나가 되어 실시하는 대형 관광 캠페인. 개최 기간은 2021년 4월 1일~9월 30일로 이렇게 광역적으로 6개월간 개최하는 것은 처음 있는 시도입니다. 지진 재해로부터 10년이 되는 해에 개최되는 「도호쿠 DC」에서는 각 도현이 힘을 합해 큰 힘을 만들어 도호쿠와 도남의 매력을 국내외로 발신함으로 도호쿠·도남 관광 브랜드화를 추진해 갑니다.

Please read. Regarding the information posted here, events may change their schedules or be canceled in order to prevent the spread of new coronavirus infections. Hours of operation and regular closing days may also be different from usual. Please contact the organizers or organizing groups of each event for details. *To learn when each facility and event will be open or closed, operating hours, prices and detailed information, please inquire directly using the contact information for each. *All prices posted include tax. There may be changes, so please confirm with the posted facilities. *Please note that we will not provide any compensation for troubles or damages, etc., arising due to the contents posted in the guidebook.

对于所刊載的內容，為了防止新冠病毒疫情擴大，其活動日程可能會變更或中止。此外，營業時間及休息日也可能與平常有所不同。有關詳情，請洽詢各主辦方、團體。*關於各設施、活動等的休息日、舉辦日期、營業時間、費用及內容的詳情等，請直接透過各聯繫方式進行洽詢。*刊載的金額均為含稅金額，可能會發生變更，請向刊載設施確認。*對於因指南中刊載的內容引發的糾紛及損害等，我們概不賠償，敬請諒解。

개재 내용은 코로나바이러스-19 감염증 확대방지를 위해 이벤트 일정이 변경, 중지될 수 있습니다. 또한, 영업시간이나 휴무일이 평소와 다를 경우도 있습니다. 자세한 사항은 각 주최자, 단체인 문의해 주시기 바랍니다. *각 시설, 이벤트 등 정기휴일이나 개최일, 영업시간, 요금, 내용의 자세한 사항은 각각의 연락처로 직접 문의해 주십시오. *개제된 표시 금액은 모두 세금 포함됩니다. 변경되는 경우가 있음으로 개제 시설에 확인해 주십시오. *카기드북에 게재된 내용으로 인해 발생한 문제나 손해 등에 대해서는 보상하기 어려우니 미리 양해 부탁드립니다.

Tohoku DC Seikan Promotion Committee Office

Aomori Prefectural
Tourism Federation

Yasukata 1-1-40, Aomori City, Aomori Prefecture, 030-0803
tel: 017-722-5080, fax: 017-735-2067



[Aomori Prefecture/Hirosaki]
Hirosaki Park
弘前公園

2,600 cherry trees encompassing 52 different varieties bring color to the Hirosaki Castle site. The park contains more than 400 Somei Yoshino cherry trees that are over 100 years old, and the "Sakura Tunnel" is also a popular spot.

大约2,600棵、52种樱花绚丽地装点着弘前城迹。在公园内，树龄超过100年的染井吉野樱也有400多棵，「樱花隧道」也是人气景点。

大約2,600棵、52種櫻花絢麗地裝點著弘前城跡。在公園內，樹齡超過100年的染井吉野櫻也有400多棵，「櫻花隧道」也是人氣景點。

약 2,600그루, 52종의 벚꽃이 성터를 수놓습니다. 공원 안에는 수령 100년을 넘는 왕벚나무도 400그루 이상 있으며 「벚꽃 터널」도 인기 있는 장소입니다.

📅 Best time to see / Late Apr - early May
☎ 0172-37-5501 (Hirosaki Municipal Tourist Center)
🚌 About 15 min by bus from Hirosaki Station on the JR Ōu Line



[Hokkaido/Mori]
Aobagaoka Park
青葉ヶ丘公園

About 1,000 cherry trees of 17 varieties are planted in the park. The Sakura Festival is held in May.

这里种植有17种约1,000株樱花。5月还举办「樱花节」。

這裡種植有17種約1,000株櫻花。5月還舉辦「櫻花節」。

17種 약 1,000그루의 벚꽃이 심겨 있습니다. 5월에는 「벚꽃 축제」도 열립니다.

📅 Best time to see / Late Apr - early May
☎ 01374-2-2182 (Mori Town Commerce, Industry, Labor and Tourism Division)
🚶 About 10 min on foot from Mori Station on the JR Hakodate Line



[Aomori Prefecture/Shichinohe]
Azaleas at Tenno Shrine
天王神社のつつじ

The grounds of Tenno Shrine are filled with about 500 kaempferi azaleas, which means that the whole area is in full spring bloom.

天王神社の境内约有500棵山杜鹃，洋溢着春天的烂漫情趣。

天王神社の境内約有500棵山杜鵑，洋溢著春天的爛漫情趣。

덴노 신사 경내가 약 500그루의 산철쭉으로 둘러싸여 일대는 흐드러지게 핀 붓꽃의 정취로 가득합니다.

📅 Best time to see / Early to mid-May
☎ 0176-62-2137 (Shichinohe Town, Commerce, Industry and Tourism Section)
🚶 About 5 min by car from Shichinohe-Towada Station on the JR Tohoku Shinkansen



[Hokkaido/Hakodate]
Goryokaku Park
五稜郭公園

This is one of the most popular cherry blossom-viewing spots in Hakodate. Somei Yoshino cherry trees are usually in full bloom around the Golden Week holidays.

这里是函馆代表性的赏樱景点。4月底5月初的黄金周前后染井吉野樱迎来观赏佳期。

這裡是函館代表性的賞櫻景點。4月底5月初的黃金週前後染井吉野櫻迎來觀賞佳期。

하코다테를 대표하는 꽃놀이 명소. 골든위크를 전후로 왕벚꽃이 절정에 이릅니다.

📅 Best time to see / Late Apr - early May
☎ 0138-31-5505 (Goryokaku Park Office)
🚶 About 15 min by Hakodate City Tram from Hakodate Station on the JR Hakodate Line; get off at Goryokaku-koen-mae and walk for about 15 min

[Aomori Prefecture/Towada] Towada City Kanchogai Street

十和田市官庁通り

Rows of cherry trees line Towada City Kanchogai Street for 1.1 km. Together with pine trees and statues of horses, they create a beautiful scene.

十和田市官庁街約1.1km，在街道兩旁排列着櫻花樹與松樹、馬的雕刻，打造出美麗的景色，以該街為主延伸着櫻花林街道。

十和田市官廳街約1.1km，在街道兩旁排列著櫻花樹與松樹、馬的雕刻，打造出美麗的景象，以該街為主延伸著櫻花林街道。

길이 약 1.1km의 거리를 따라 늘어선 벚꽃과 소나무, 말 조각상이 아름다운 경관을 만들어 내는 도오다시 관청 거리를 중심으로 벚꽃 길이 이어집니다.

📅 Best time to see / Late Apr - early May
☎ 0176-24-3006 (Travel Towada)
🚶 About 20 min by car from Shichinohe-Towada Station on the JR Tohoku Shinkansen

[Aomori Prefecture/Yokohama] Fields of rape blossoms in Yokohama 横浜町の菜の花畑



The yellow fields rape blossoms are the town's symbol. The raw honey and rapeseed oil made from the flowers make great souvenirs.

一片金黃色的油菜花田是町的象征。「油菜花蜂蜜」、「油菜籽油」都是推荐的特产礼品。

一片金黃色的油菜花田是町的象徵。「油菜花蜂蜜」、「油菜籽油」都是推薦的特產禮品。

일대를 노랗게 물들인 유채밭은 지역의 상징. 「유채 생꿀」과 「유채씨 기름」을 기념품으로 추천합니다.

📍 Mameda District, Yokohama (around Shizen-en Nature Experience Land) and other locations

📅 Best time to see / Early to mid-May
☎ 0175-78-2111 (Yokohama Town, Industrial Development)
🚶 About 15 min by car from Mutsu-Yokohama Station on the JR Ōminato Line



[Aomori Prefecture/Towada]

Oirase Gorge

奥入瀬溪流

For about 14 km from Nenokuchi on Lake Towada to Yakeyama, a stream with ever-changing views flows through the gorge amidst strangely-shaped rocks and scenic spots.

从十和田湖之子之口到烧山的约14km, 绵延着千变万化的美丽溪流、奇岩、奇景。

從十和田湖之子之口到燒山的約14km, 綿延著千變萬化的美麗溪流、奇岩、奇景。

도와다코 호수의 네노쿠치에서 아케야마 산까지 약 14km에는 변화무쌍하게 흐르는 아름다운 물줄기와 기암·기승이 펼쳐집니다.

☎0176-74-1233 (Oirase Gorge Museum)
📍(To Yakeyama)

- (1) About 1 hr 30 min by bus from Hachinohe Station on the JR Tohoku Shinkansen
- (2) About 1 hr by bus from Shichinohe-Towada Station on the JR Tohoku Shinkansen (shuttle bus) *Operates from Jun-Oct (current plan); see page 19 for details
- (3) About 2 hr by bus from Shin-Aomori Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Aomori]

Hakkoda (Hakkoda Ropeway)

八甲田(八甲田ロープウェイ)

Look out over Aomori City and the Tsugaru region from Hakkoda-Tamoyachidake Sancho-koen Station. In late Sep, the autumn colors begin to appear around the mountain peaks and it is a sight worth seeing.

在八甲田·田茂滝岳山顶公园站附近, 可将青森市及津轻地区尽收眼底。9月下旬, 从山顶附近开始出现红叶, 景色非常美丽。

在八甲田·田茂滝岳山顶公园站附近, 可将青森市及津轻地区尽收眼底。9月下旬, 从山顶附近开始出现红叶, 景色非常美丽。

하코다·다모야치다케 산정공원역 부근에서는 아오모리시와 쓰가루 지방을 한눈에 볼 수 있습니다. 9월 하순에는 산 정상 부근에서 단풍이 시작되어 아주 볼 만합니다.

☎017-738-0343

📍About 1 hr by bus from Shin-Aomori Station on the JR Tohoku Shinkansen or about 1 hr 20 min from Aomori Station on the JR Ōu Line



[Aomori Prefecture/Fukaura]

Juniko Lakes (Aoike Pond)

十二湖(青池)

Juniko Lakes (Twelve Lakes) is the general name for a group of 33 lakes and marshes produced by a major earthquake in the Edo period. It was named "Juniko" because when you look out over the area from Mount Kuzure, 12 lakes can be seen. The mystical scenery of the area encompasses Aoike (blue pond), which looks as if blue ink has been poured into it, and the magnificent Nihon Canyon.

这是对江戸时代的大地震诞生出的33个湖沼群的总称。从可眺望十二湖的崩山可看到12个湖沼, 因此被命名为“十二湖”。宛如流淌着蓝色墨汁一般的“青池”、雄伟的日本峡谷等, 神秘的景观铺展开来。

這是對江戸時代的大地震誕生出的33個湖沼群的總稱。從可眺望十二湖的崩山可看到12個湖沼, 因此被命名為「十二湖」。宛如流淌著藍色墨汁一般的「青池」、雄偉的日本峽谷等, 神秘的景觀鋪展開來。

에도 시대 대지진으로 만들어진 33개 호수와 늪의 총칭. 주니코가 한눈에 들어 오는 구즈레야마 산에서 보면 12개의 호수와 늪이 보인다고 해서 「주니코 (12개의 호수)」라고 명명되었습니다. 푸른 잉크를 쏟아 놓은 듯한 「아오이케」와 웅대한 일본 캐니언 등 신비한 경관이 펼쳐집니다.

📅 Apr-Nov

☎0173-74-4412 (Fukaura Town Tourism Division)

📍About 15 min by car from Jūniko Station on the JR Gōnō Line



[Aomori Prefecture/Tsugaru]

Takayama Inari Shrine

高山稻荷神社

This shrine is said to be favored by the gods of bountiful harvests, marine safety and prosperous business. The many bright-red torii gates standing in a line is a highlight.

是一个据说能够保佑五谷丰登、海上安全、生意兴隆的神社。排成一排的鲜红“千本鸟居”令人叹为观止。

是一個據說能夠保佑五穀豐登、海上安全、生意興隆的神社。排成一排的鮮紅「千本鳥居」令人歎為觀止。

오곡풍작, 해상 안전, 상업 번창의 신으로 영험하다고 알려진 신사. 겹겹이 늘어진 새빨간 천본도리이(千本鳥居)가 압권입니다.

☎0173-56-2015

📍About 30 min by car from Kizukuri Station on the JR Gōnō Line



[Aomori Prefecture/Hachinohe]

Tanesashi Coast

種差海岸

The Tanesashi Coast features the "Shore of Flowers", where precious and diverse plants are in full bloom, and was designated the "Sanriku Reconstruction National Park" in 2013. The coastal beauty and the wide expanse of the Natural Lawn are spectacular.

这是珍贵而多样的植物争奇斗艳的「花之海滨」, 在 2013年 被指定为「三陆复兴国立公园」。除了有无尽的天然草坪外, 海岸之美也精彩绝伦。

這是珍貴而多樣的植物爭奇鬥艷的「花之海濱」, 在 2013 年被指定為「三陸復興國立公園」。除了有無垠的天然草坪外, 海岸之美也精彩絕倫。

귀중하고 다양한 식물이 만발하는 「꽃의 물결」로 2013년 「산리쿠 부흥 국립공원」에 지정되었습니다. 전면에 펼쳐진 천연 잔디밭 외에도 해안의 아름다움이 뛰어나습니다.

☎0178-51-8500 (Tanesashi Coast Information Center)
0178-70-1110 (VISIT Hachinohe)

📍About 5 min on foot from Tanesashikaigan Station on the JR Hachinohe Line



[Aomori Prefecture/Sai]

Hotokegaura

仏ヶ浦

It could be called nature's art: a mystical landscape spreads out before you with enormous, strangely-shaped rocks facing the sea in a row. Hotokegaura has been designated a national natural monument.

面朝大海, 巨石奇岩林立, 堪称自然艺术的神秘景色展现在眼前。被指定为国家天然纪念物与名胜。

面朝大海, 巨石奇岩林立, 堪称自然藝術的神秘景色展現眼前。被指定為國家天然紀念物與名勝。

바다를 마주한 거암·기암이 즐비해 자연의 예술이라 할 수 있는 신비한 경치가 펼쳐져 있습니다. 국가 천연기념물·명승지로 지정되어 있습니다.

☎0175-38-4515 (Sai Village Tourist Association)

📍About 2 hr by car from Shimokita Station on the JR Ōminato Line, or about 2 hr 20 min by bus from Shimokita Station on the JR Ōminato Line, getting off at Sai and taking a sightseeing boat for about 30 min, or about 1 hr by car from the Tsugaru Kaikyo Ferry Oma Terminal



[Aomori Prefecture/Tsuruta]

Tsuru-no-Mai Bridge (in Fujimiko Park)

鶴の舞橋(富士見湖パーク内)

The bridge is made of wood in three arched sections and, at 300 meters, it is the longest wooden bridge in Japan. It was built using Japanese cypress from Aomori Prefecture. The view is as beautiful as a crane spreading its wings.

全长300米, 在木造的三连太鼓桥(拱桥)中, 拥有日本第一长度。使用青森县产的罗汉柏木材建造。宛如仙鹤展翅, 景观非常美丽。

全長300公尺, 在木造的三連太鼓橋(拱橋)中, 擁有日本第一長度。使用青森縣產的羅漢柏木材建造。宛如仙鶴展翅, 景觀非常美麗。

전체 길이 약 300m로 목조로 된 삼련 홍예교(아치교)로는 일본에서 가장 길니다. 아오모리산 노송나무 목재를 사용했습니다. 학이 날개를 펼친 듯한 아름다운 경관입니다.

☎0173-22-2111 (Tsuruta Town Planning Tourism and Division)

📍About 10 min by car from Mutsu-Tsuruda Station on the JR Gōnō Line

[Aomori Prefecture/Higashidori]

Kandachime horses living at Cape Shiriya

尻屋崎に生息する寒立馬

The horses called "kandachime" are natural treasures of the prefecture. They live all year round at Cape Shiriya and are built to endure the harsh winters. In springtime you can see the cute newborn foals.

在尻屋崎周边, 有全年都放牧的县天然纪念物「寒立马」, 展现出抵抗寒冬的魁梧身姿和春季生育季节与小马驹一起的可爱身姿。

在尻屋崎周邊, 有全年都放牧的縣天然紀念物「寒立馬」, 展現出抵抗寒冬的魁梧身姿和春季生育季節與小馬駒一起的可愛身姿。

시리야자키 주변에는 1년 내내 방목하는 현의 천연기념물 간다치메 말이 있습니다. 엄동설한을 견뎌내는 씩씩한 모습과 봄 출산 시즌에는 망아지와 사랑스러운 모습을 보여줍니다.

☎0175-27-2111 (Higashidori Village, Office of Commerce, Industry and Tourism)

📍About 10 min by bus from Shimokita Station on the JR Ōminato Line, then transfer at Mutsu Bus Terminal and take a bus for about 1 hr



[Hokkaido/Nanae] Onuma Park 大沼公園

The beautiful scenery of this quasi-national park includes the magnificent Mount Komagatake as well as Lakes Onuma and Konuma. Enjoy sightseeing boats, rowing and cycling.

这是秀峰驹岳、大沼、小沼等景色秀丽的国定公园。还可乘坐游览船、划皮划艇、骑自行车等，享受乐趣。

這是秀峰駒岳、大沼、小沼等景色秀麗的國定公園。還可搭乘遊覽船、劃皮划艇、騎自行車等，享受樂趣。

수봉 고마가다케와 오누마 늪, 고누마 늪 등 경치가 아름다운 국정 공원. 유람선과 보트, 사이클링 등도 즐길 수 있습니다.

☎0138-67-2170 (Onuma International Communication Plaza)
🚌About 5 min on foot from Ōnumakōen Station on the JR Hakodate Line



[Hokkaido/Setana] Ota Shrine 太田神社

The main building looks out over the Sea of Japan

Hokkaido's oldest sacred mountain site is located on Mount Ota, which towers above steep cliffs. If you climb all the way up to the main building, a wonderful view out to Okushiri Island awaits you.

位于悬崖峭壁耸立的太田山，是北海道最古老的山岳灵场。登上正殿后，可眺望日本海、奥尻岛，绝美的景色等待着您的到来。

位於懸崖峭壁聳立的太田山，是北海道最古老的山嶽靈場。登上正殿後，可眺望日本海、奧尻島，絕美的景色等待著您的到來。

岨아지르 돛한 절벽이 솟은 오타산에 있는 홋카이도에서 가장 오래된 산악 영지. 본전까지 오르면 동해와 오후시리 섬을 바라보는 절경이 기다리고 있습니다.

☎0137-84-6205 (Setana Tourism Association)
🚗About 2 hr 30 min by car from Hakodate Station on the JR Hakodate Line

[Hokkaido/Hakodate] Mount Hakodate Night View 函館山夜景

The view from Mount Hakodate has been given a three-star rating from the "Michelin Green Guide Japon". Visitors are sure to be impressed by the superb night view from the observatory at 334 meters. You can take a bus or use the ropeway to reach the top.

这是从函馆山的眺望景色，在「日本米其林绿色指南」中获得了三星。从海拔334米的展望台眺望到的极致夜景无疑令人感动。可乘坐巴士及缆车到达山顶。

這是從函館山的眺望景色，在「日本米其林綠色指南」中獲得了三星。從海拔334公尺的展望台眺望到的極致夜景無疑令人感動。可搭乘巴士及纜車到達山頂。

미술관 그린 가이드 재팬에서 3스타를 획득한 하코다테산 조망. 해발 334m의 전망대에서 바라보는 극상의 야경에 감동하실 것이 틀림없습니다. 산정까지는 버스나 로프웨이를 이용할 수 있습니다.

[Mt. Hakodate Ropeway]
☎0138-23-3105 (General Information)
🚌About 10 min by Hakodate City Tram from Hakodate Station on the JR Hakodate Line; get off at Jujigai and walk for about 10 min



[Hokkaido/Okushiri] Nabetsuru Rock なべつる岩

The rock is a symbol of Okushiri Island. In the morning you can sometimes see the morning sun through the opening in the rock, and at night it is illuminated so that it appears to float on the dark sea.

这是奥尻岛的象征。早晨有时可从岩缝看到朝阳，夜晚点亮灯饰，漂浮在漆黑的海上。

這是奧尻島的象徵。早晨有時可從岩縫看到朝陽，夜晚點亮燈飾，漂浮在漆黑的海上。오쿠시리 섬의 상징. 아침에는 시기에 따라 바위틈으로 아침 해가 보이고, 밤에는 조명을 받아 어두운 바다 위로 떠오릅니다.

☎01397-2-2351 (Okushiri Town Commerce, Industry and Tourism Officer)
🚌About 1 hr 30 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway; get off at Ubagami-cho Ferry-mae and walk for about 5 min, then take a ferry from the Esashi Ferry Terminal. The trip is about 2 hr 10 min; get off at the Okushiri Port Ferry Terminal and walk for about 15 min



[Hokkaido/Assabu] Hiba Jii-san ヒバ爺さん

This giant Japanese cypress has a diameter of about 2 meters and is about 30 meters high. It is said to be 500-600 years old.

这是一棵直径约2米、高约30米的巨大罗汉柏，据说树龄有500年~600年。

這是一棵直徑約2公尺、高約30公尺的巨大羅漢柏，據說樹齡有500年~600年。

직경 약 2m, 높이 약 30m, 수령 500년~600년이라는 노송나무 거목입니다.

☎0139-64-3314 (Assabu Town, Agriculture, Forestry, Commerce and Industry Division, Commerce, Industry and Tourism Official)
🚌About 40 min by car from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen



[Hokkaido/Otobe] Takise Coast (Shirafura) 瀧瀬海岸【シラフラ】

The beautiful coastline with its white cliffs is called "Shirafura" (white slopes). When the sunset stains the cliffs red, it produces a magical atmosphere.

"Shirafura (阿依努语，意为白色倾斜地)"，是一个白色悬崖连绵的美丽海岸线。夕阳染红的Shirafura也展现出如梦似幻的氛围。

「Shirafura (阿依努語，意為白色傾斜地)」，是一個白色懸崖連綿的美麗海岸線。夕陽染紅的Shirafura也展現出如夢似幻的氛圍。

하얀 절벽이 계속되며 아름다운 해안선이 이어지는 「시라후라 (하얀 경사지)」. 석양으로 붉게 물든 시라후라 해변도 환상적인 분위기를 자아냅니다.

☎0139-62-2871 (Otobe Town, Commerce and Industry Division, Commerce, Industry and Tourism Official)
🚌About 1 hr by car from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen

[Aomori Prefecture/Hirosaki]

Hirosaki Museum of Contemporary Art

弘前れんが倉庫美術館

The Brick Warehouse was built as a sake brewery in the Meiji/Taisho period. It has been renovated and the grand opening of the museum was in Jul 2020. An artwork of Yoshitomo Nara, who is from Hirosaki, is displayed at the entrance.

将明治、大正时期建造的酿酒厂进行改建，于2020年7月作为美术馆隆重开张。在入口大厅还展览着弘前出身的艺术家奈良美智的作品。

將明治、大正時期建造的釀酒廠進行改建，於2020年7月作為美術館隆重開張。在入口大廳還展覽著弘前出身的藝術家奈良美智的作品。

메이지·다이쇼기 건축물인 주조공장을 개수하여 2020년 7월 미술관으로 그랜드 오픈. 입구에는 히로사키 출신 아티스트 나라 요시토모의 작품도 전시되어 있습니다.

☎0172-32-8950
🚌About 10 min by bus from Hirosaki Station on the JR Ōu Line; get off at Naka-dotemachi and walk for about 5 min



Enjoy a casual lunch or proper French meal at the cafe and shop!



Yoshitomo Nara <A to Z Memorial Dog> 2007 ©Yoshitomo Nara



[Aomori Prefecture/Aomori] Aomori Museum of Art 青森県立美術館

The museum has a permanent exhibition displaying the works of artists with connections to Aomori Prefecture, such as Yoshitomo Nara and Shiko Munakata. All four backdrops painted by Marc Chagall for the ballet "Aleko" are open to the public for viewing.

以常设展的方式展览着艺术家奈良美智、棟方志功等与青森县有渊源的作品。汇集了夏加尔创作的芭蕾舞剧《阿莱科 (Aleco)》的全部4幅舞台背景画，并向公众开放。

以常設展的方式展覽著藝術家奈良美智、棟方志功等與青森縣有淵源的作品。匯集了夏加爾創作的芭蕾舞劇《阿萊科 (Aleco)》的全部4幅舞台背景畫，並向公眾開放。

예술가 나라 요시토모, 무나카타 시코 등 아오모리현을 연고로 하는 작가의 작품을 상설전시. 사갈의 발레 「알레코」 무대 배경화 4 작품 모두를 모아 일반에 공개하고 있습니다.

☎017-783-3000
🚌About 10 min by bus from Shin-Aomori Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Inakadate]

Rice paddy art 田んぼアート

At the first rice paddy art venue, the 2019 theme was the TV drama "Oshin" ©NHK



The rice paddies in two locations plant different-colored rice plants to create artworks, with each area having a different theme every year. The sense of scale when viewed from the observation tower and the skillful techniques used are remarkable.

每年以不同的主题，在2个会场的稻田种植颜色不同的水稻，创作巨大的艺术品。从展望露台眺望的规模感与技术的绝妙精彩成为了热议的话题。

每年以不同的主題，在2個會場的稻田種植顏色不同的水稻，創作巨大的藝術品。從展望露台眺望的規模感與技術的絕妙精彩成為了熱議的話題。

매해 다른 테마로 두 곳의 논에 색이 다른 벼를 심어 거대한 아트로. 전망대에서 바라보는 스케일감과 훌륭한 기술이 화제입니다.

☎Jun 12 - Oct 3
☎0172-58-2111 (Inakadate Village Planning Tourism and Division)
[Venue 1 (paddies on the east side of Inakadate Village Hall/Inakadate Village Observation Platform)]
🚌About 5 min by car from Inakadate Station on the Konan Line of the Konan Railway
[Venue 2 (Michi-no-Eki Inakadate / Yayoi no Sato Observation Platform)]
🚌A short walk from Tamboato Station on the Konan Line of the Konan Railway
*A free shuttle is available linking both Venues 1 and 2

Choi Jeong Hwa <Flower Horse> Yoshitomo Nara <Yoroshiku Girl 2012>, Paul Morrison, <Ochrea> Photography: Kuniya Oyamada



[Aomori Prefecture/Towada] Towada Art Center 十和田市現代美術館

The Art Center's permanent exhibition features works from artists at the forefront of the world. The diverse works brought together by the buildings and space make a strong impression on visitors. Photography is permitted in the paid area of the permanent collection. (Some exceptions apply)

以常设展的方式展览着活跃于世界一线的艺术家的委托作品。作品丰富多彩，与建筑物与空间融为一体，令到访者叹为观止。常设展收费区可摄影。(部分除外)

以常設展的方式展覽著活躍於世界第一線的藝術家們的委託作品。作品豐富多彩，與建築物與空間融為一體，令到訪者歎為觀止。常設展收費區可攝影。(部分除外)

세계 최일선에서 활약하는 아티스트들의 커미션 워크를 상설전시. 건물이나 공간과 일체화된 다채로운 작품들이 방문객을 압도합니다. 상설전의 유료 구역 촬영이 가능합니다. (일부 제외)

☎0176-20-1127
🚌About 35 min by bus from Shichinohe-Towada Station on the JR Tohoku Shinkansen

[Aomori Prefecture/Misawa] Misawa Aviation & Science Museum, Aomori 青森県立三沢航空科学館

Scheduled opening after renewal on Apr 20, 2021



The museum has the largest airplane display area and the largest number of planes in Japan. The museum displays a full-scale reconstruction of the Miss Veedol, the first plane to successfully fly non-stop across the the Pacific Ocean, and an actual YS-11, the first passenger plane built in Japan after World War II. Attractions offering hands-on participation are also popular.

飞机的展览面积与展览数量为日本最大规模。展览着世界首次成功不着陆飞越太平洋的「维多尔小姐号」飞机的实物大小复原机，以及二战后首架日本国产客机YS-11实际飞机等。参加体验型的娱乐项目也很受欢迎。

飛機的展覽面積與展覽數量為日本最大規模。展覽著世界首次成功不著陸飛越太平洋的「維多爾小姐號」飛機的實物大小復原機，以及二戰後首架日本國產客機YS-11實際飛機等。參加體驗型的娛樂項目也很受歡迎。

항공기 전시면적과 전시기수로는 일본 최대규모. 세계 최초로 태평양 무착륙 횡단비행에 성공한 미스 비둘호의 실물 복원기와 전후 최초의 국산 여객기 YS-11 실제 기기의 전시 등이 있습니다. 참여 체험형 놀이기구도 인기입니다.

☎0176-50-7777 🚌About 15 min by car from Misawa Station on the Aomori Railway



[Aomori Prefecture/Aomori]

Aomori Nebuta Festival

<National Important Intangible Folk Cultural Property>

青森ねぶた祭

Tohoku
Three great festivals

Creating nebuta floats / Hiroo Takenami



With crowds of spectators numbering around 2.8 million, the Nebuta Festival is one of the main fire festivals in Japan. It features about 20 giant floats weighing around 4 tons each, and they are accompanied through the city streets by boisterous festival dancers called "haneto". On the festival eve, all the gathered floats in "Nebuta Rasse Land" are illuminated. On the final day of the festival, the floats take to the sea and at night the summer sky is brilliantly lit up with 11,000 fireworks.

这是一个日本代表性的节日祭典，有约280万名游客到访，热闹非凡。约20个重达约4吨的大型睡魔灯笼，与翩翩起舞的舞者一起在大街上游行。前夜祭全部睡魔灯笼点亮灯火，在睡魔灯笼Rasseland汇聚一堂。在最后一天的海上游行中，1万1千发的烟火将夏季的夜空装点得绚丽多彩。

這是一個日本代表性的節日祭典，有約280萬名遊客到訪，熱鬧非凡。約20個重達約4噸的大型睡魔燈籠，與翩翩起舞的舞者一起在大街上遊行。前夜祭全部睡魔燈籠點亮燈火，在睡魔燈籠Rasseland匯聚一堂。在最後一天的海上遊行中，1萬1千發的烟火將夏季的夜空裝點得絢麗多彩。

약 280만 명의 관객으로 북적거리는 일본을 대표하는 불 축제. 무게 약 4t의 대형 네부타 약 20대가 어지럽게 춤추는 하네토 (춤꾼)와 함께 거리를 행진합니다. 전야제에서는 네부타 랑세랜드에 불이 들어온 네부타가 모두 집합. 마지막 날 해상 운행에서는 1만1천 발의 불꽃이 여름 밤하늘을 화려하게 수놓습니다.

📍 Aomori City Center 🗓 Aug 2-7 (Festival Eve on Aug 1)

☎ 017-723-7211 (Aomori Tourism and Convention Association)

🚶 About 10 min on foot from Aomori Station on the JR Ōu Line *Paid seating for spectators is available

Tsugaru-han Neputa Village

津軽藩ねぶた村

Hirosaki neputa are displayed and there is a performance of traditional musical accompaniment.

举办着弘前扇形睡魔灯笼展览及噺子实际演奏。

舉辦著弘前扇形睡魔燈籠展覽及噺子實際演奏。

히로사키 네푸타의 전신나 네푸타바시 공연을 하고 있습니다.

☎ 0172-39-1511

🚶 About 15 min by bus from Hirosaki Station on the JR Ōu Line

[Aomori Prefecture/Hirosaki]

Hirosaki Neputa Festival

<National Important Intangible Folk Cultural Property>

弘前ねぶたまつり



About 80 warrior-themed floats (called "neputa") of various sizes parade through the city of Hirosaki. On the final night of the festival, the neputa are purified with fire on the banks of the Iwaki River in a ceremony called "Nanukabi Okuri".

以武士画为题材的大小约80个扇形睡魔灯笼在弘前市内游行。在最后一天的夜晚举行「七日火送」活动，在沿岩木川的河堤上用火洗净，送走扇形睡魔灯笼。

以武士畫為題材的大小約80個扇形睡魔燈籠在弘前市內遊行。在最後一天的夜晚舉行「七日火送」活動，在沿岩木川的河堤上用火潔淨，送走扇形睡魔燈籠。

무사 그림을 소재로 한 크고 작은 약 80대의 네푸타가 히로사키 시내를 행진합니다. 마지막 날 밤에는 이와키가와 강변 독에서 네푸타를 불로 정화해 보내는 「나누카비 오쿠리」가 진행됩니다.

📍 Hirosaki City (the route may vary depending on the day)

🗓 Aug 1-7

☎ 0172-37-5501 (Hirosaki Municipal Tourist Center)

🚶 About 10-30 min on foot from Hirosaki Station on the JR Ōu Line

*Paid seating for spectators is available

Nebuta Museum WA RASSE

ねぶたの家 W-ラッセ

The museum houses a permanent display of typical giant nebuta, with traditional musical accompaniment also performed.

以常设展的方式展览着大型睡魔灯笼，还有噺子演奏。

以常設展的方式展覽著大型睡魔燈籠，還有噺子演奏。

축제의 네부타가 상설 전시되어 있으며 네부타바시 연수도 있습니다.

☎ 017-752-1311

🚶 A short walk from Aomori Station on the JR Ōu Line

Tachineputa-no-Yakata (Tachineputa Museum)

立佞武多の館

At the museum, a 23-meter tachineputa floats are always on display. Take a good look at it from top to bottom.

以常设展的方式展览着高约23米的立佞武多。可从上到下慢慢地仔细参观。

以常設展的方式展覽著高約23公尺的立佞武多。可從上到下慢慢地仔細參觀。

높이 약 23m의 다치네푸타를 상설 전시. 위에서 아래까지 차분하게 견학하실 수 있습니다.

☎ 0173-38-3232

🚶 About 5 min on foot from Goshogawara Station on the JR Gonō Line

[Aomori Prefecture/Goshogawara]

Goshogawara Tachineputa

五所川原立佞武多

Three giant Tachineputa floats, reaching heights of 23 meters and weighing up to 19 tons, are as tall as a 7-story building. Spectators are captivated by the overwhelming power of the floats as they are paraded through the city accompanied by high-spirited shouts of "yatte-mare!".

高达约23米、重达约19吨的3个大型立式佞武多高度可与7层大厦匹敌。伴随着“yatte-mare!”的雄壮号子，在市内游行，其压倒性的震撼力吸引着观众。

高達約23公尺、重達約19噸的3個大型立式佞武多高度可與7層大廈匹敵。伴隨著「yatte-mare!」的雄壯號子，在市内遊行，其壓倒性的震撼力吸引著觀眾。

높이 약 23m, 무게 약 19t에 달하는 대형 다치네푸타 3대는 7층 건물에 필적하는 높이. 「야테마레」라는 씩씩한 구호와 함께 시내를 행진해서 압도적인 박력으로 관객을 매료시킵니다.

📍 Center of Goshogawara City

🗓 Aug 4-8

☎ 0173-38-1515 (Goshogawara City Tourist Association)

🚶 About 5 min on foot from Goshogawara Station on the JR Gonō Line

*Paid seating for spectators is available

0173-35-2121

(Goshogawara Chamber of Commerce and Industry)

0173-33-6338 (Machinaka Goshogawara)



[Hokkaido/Hakodate]

Hakodate Port Festival

函館港まつり



With a continuous history of 370 years, the Ubagamidaijingu Shrine Togyo Festival is said to be the oldest grand festival in Hokkaido. Thirteen opulent floats parade through the town day and night, accompanied by music from the Gion Festival. In the final stage of the festival, the floats line up in the Shinchicho shopping street and play festival music all at once.

这是据说持续了370多年的北海道内最古老的大祭。华丽绚烂的13辆花车和着祇园囃子的演奏声，昼夜在城镇内游行。在正式祭典的最后阶段，花车聚集到新地町繁华街，一起演奏祭典囃子。

這是據說持續了370多年的北海道內最古老的大祭。華麗絢爛的13輛花車和著祇園囃子的演奏聲，晝夜在城鎮內遊行。在正式祭典的最後階段，花車聚集到新地町繁華街，一起演奏祭典囃子。

370여 년간 지속되어 온 홋카이도에서 가장 오래된 축제. 호화찬란한 13대의 수레가 기온바야시의 음월에 맞춰 밤낮으로 거리를 행진합니다. 본 축제의 종반에는 신지초 번화가에 수레들이 전부 모여서 축제 음악을 일제히 공연합니다.

📍 Ubagamidaijingu Shrine / Esashi

🗓 Aug 9-11

☎ 0139-52-4815

(Ubagamidaijingu Festival Support Executive Committee in the Esashi Sightseeing Convention Association)

🚶 About 1 hr 30 min by bus from Kikonai Station on the JR Hokkaido Shinkansen

*There is a plan to run special buses on Aug 10-11 from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen and from Hakodate Station on the JR Hakodate Line (please go directly to the boarding area)

Inquiries: Hakodate Bus Hakodate Office ☎ 0138-51-3137

[Aomori Prefecture/Mutsu]

Tanabu Festival

田名部まつり



With a variety of events throughout the city, Hakodate bursts with excitement as fireworks paint the night sky and about 30,000 residents parade through the streets dancing.

从绚丽装点函馆大片夜空的烟火大会开始，约3万名市民偏偏起舞在大街上游行等各种活动丰富多彩，整个城市精彩纷呈。

從絢麗裝點函館大片夜空的煙火大會開始，約3萬名市民偏偏起舞在大街上遊行等各種活動豐富多彩，整個城市精彩紛呈。

하코다테의 밤하늘을 온통 물들이는 불꽃놀이로 시작해서 약 3만 명의 시민이 춤추며 거리를 행진하는 파레이드 등 시내 일대가 다양한 이벤트의 열기로 달아오릅니다.

📍 Hakodate (may vary depending on the day)

🗓 Aug 1-5

☎ 0138-27-3535 (Hakodate Port Festival Executive Committee/in the Hakodate International Tourism and Convention Association)

🚶 (Closest station) Hakodate Station on the JR Hakodate Line and others

[Hokkaido/Esashi]

Ubagamidaijingu Shrine Togyo Festival

姥神大神宮渡御祭



Tanabu prospered as a hub for water transport and its festival is said to have been handed down for 380 years. The form of the floats and the music that accompanies them have been influenced by the Gion Festival through merchants that used to travel to the city from Omi (in present-day Shiga Prefecture), and it is known as the "Elegance of the North".

这是相传在曾经因水运而繁荣的田名部传承了约380年，历史悠久的祭典。花车的形态及噺子伴奏乐由近江商人传入，并受到了祇园的影响，被称为“北之雅”。

這是相傳在曾經因水運而繁榮的田名部傳承了約380年、歷史悠久的祭典。花車的形態及噺子伴奏樂由近江商人傳入，並受到了祇園的影響，被稱為「北之雅」。

수상 교통으로 번창한 타나부에 약 380년간 전해진다는 역사 깊은 축제. 수레의 형태나 음악에 오미 상인으로부터 교토 기온의 영향을 받아 「북쪽의 우아함」이라 칭해집니다.

📍 Mutsu, Tanabu District (around Tanabu Shrine)

🗓 Aug 18-20

☎ 0175-34-9095 (Shimokita Tourism Information Center), 0175-22-7470 (Tanabu Shrine)

🚶 About 10 min by car from Shimokita Station on the JR Ōminato Line

[Aomori Prefecture/Hachinohe]

Hachinohe Sansha Taisai

<National Important Intangible Folk Cultural Property>

八戸三社大祭

Registered on the UNESCO
Intangible Cultural Heritage
List in 2016



This is one of Tohoku's preeminent float festivals. The sight of the procession of the three shrines and their joint operation of the 27 floats held on Aug 1 and 3 is very impressive to spectators.

这是东北屈指可数的花车节。8月1日与3日可看到的三神社的神社游行与27座花车的联合游行，令游客叹为观止。

這是東北屈指可數的花車節。8月1日與3日可看到的三神社的神社遊行與27座花車的聯合遊行，令遊客歎為觀止。

동북지방에서 손꼽히는 장식 수레 축제. 8월 1일과 3일에 볼 수 있는 3신사의 신사행렬과 27대 수레의 합동 운행은 관객을 압도합니다.

📍 Center and other areas of Hachinohe City 🗓 Jul 31 - Aug 4 ☎ 0178-70-1110 (VISIT Hachinohe)

🚶 About 10 min on foot from Hon-Hachinohe Station on the JR Hachinohe Line *Paid seating for spectators is available





[Aomori Prefecture/Hachinohe] Kushihihi Hachiman Shrine

櫛引八幡宮

Many people have worshiped at this shrine as the local deity of the Nanbu clan since the Kamakura period. The shrine possesses many important cultural properties including two suits of armor that are national treasures.

这是作为南部藩的总守护神社,从镰仓时代起就受到人们的崇敬。收藏有国宝铠甲等众多珍贵的文物。

這是作為南部藩的總守護神社,從鎌倉時代起就受到人們的崇敬。收藏有國寶鎧甲等眾多珍貴的文物。

난부번의 총진수로서 가마쿠라 시대부터 많은 사람들에게 추앙되어 온 신사. 국보인 갑옷을 비롯해 귀중한 문화재를 다수 소장하고 있습니다.

☎ 0178-27-3053

🚗 About 10 min by car from Hachinohe Station on the JR Tohoku Shinkansen

国宝 赤糸威鎧
(兜大袖付)

National treasure:
Akaito-Odoshi Yoroi
(armor laced with
red threads)
(Helmet with sleeves)



国宝 白糸威裃取鎧
(兜大袖付)

National treasure:
Shiroito-Odoshi
Tsumadori Yoroi
(armor with a white
triangular-patterned
thread lacing)
(Helmet with sleeves)



[Aomori Prefecture/Mutsu] Osorezan 恐山

With the stink of sulfur and a desolate landscape, Osorezan is one of Japan's three most sacred places. The fantastical world invites you in with wonderful sites having names that translate as Gokurakuhamma Paradise Beach and Sainokawara which means Children's Limbo.

这是弥漫着硫磺味与荒凉景色的日本三大灵场之一。被命名为赛之河原、极乐滨等的奇观将您带入梦幻般的世界。

這是瀰漫著硫磺味與荒涼景色的日本三大靈場之一。被命名為賽之河原、極樂濱等的奇觀將您帶入夢幻般的世界。

유황 냄새와 황량한 풍경이 펼쳐진 일본 3대 영지 중 하나. 사이노카와라, 극락 해변 등으로 이름 붙여진 신기한 경관이 환상적인 세계로 유혹합니다.

☎ 0175-22-3825 (Osorezan Temple Office)

🚗 About 45 min by bus from Shimokita Station on the JR Ōminato Line



[Hokkaido/Hokuto] Our Lady of the Lighthouse Trappist Monastery 燈台の聖母トラピスト修道院

In 1896, nine monks came to visit this area from France and built Japan's first Cistercian Trappist monastery. Butter, cookies and soft serve ice cream (Mar 15 - Nov 15) are popular items at the shop.

1896年,来自法国等的9名修士到访这里,创设了日本首个西多会特拉普派修道院。在其商店中销售的黄油、曲奇、软冰淇淋(3月15日~11月15日)也很受欢迎。

1896年,來自法國等的9名修士到訪這裡,創設了日本首个西多會特拉普派修道院。在其商店中銷售的黃油、曲奇、霜淇淋(3月15日~11月15日)也很受歡迎。

1896년 프랑스 등지에서 9명의 수도사가 이 땅을 방문하여 일본 최초의 시토회 트라피스트 수도원을 창설. 매점에서는 버터나 쿠키, 소프트아이스크림(3월 15일~11월 15일)도 인기가 있습니다.

*Tours of the monastery are currently suspended to prevent the spread of the novel coronavirus. Tours normally require an application in advance by reply-paid postcard (limited to Tuesdays/1 group, men only, from 2:00PM)

☎ 0138-75-2108 (Trappist Monastery Butter-making Factory)

🚗 About 20 min on foot from Oshima-tōbetsu Station on the South Hokkaido (Donan Isaribi) Railway



[Aomori Prefecture/Sotogahama] Ryubazan Gikeiji Temple 龍馬山義経寺

Twelfth-century military commander Minamoto no Yoshitsune is said to have offered a prayer to the statue of Kannon. Later the seventeenth-century monk Enku carved a statue of Buddha in which the statue of Kannon had been placed and enshrined them in a hall. That is regarded as the begining of this temple.

这是安置有相传源义经曾经祈求过的观音像的寺院。之后圆空雕刻佛像,将观音像收纳其中,供奉于佛堂,被认为这是其起源。

這是安置有相傳源義經曾經祈求過的觀音像的寺院。之後圓空雕刻佛像,將觀音像收納其中,供奉於佛堂,被認為這是其起源。

미나모토노 요시쓰네가 기도했다는 관음상이 안치되어 있는 절. 후에 엔쿠가 불상을 조각하여 안에 관음상을 넣어 절에 모신 것이 기원으로 알려져 있습니다.

☎ 0174-37-2045

🚗 About 10 min by bus from Mimmaya Station on the JR Tsugaru Line



Christ's Grave
(said to be the
grave of Jesus Christ)
is a must-see!

[Aomori Prefecture/Shingo] Christ Village Den Syou Kan Museum

キリストの里伝承館

The legend of Christ appearing in this area suddenly sprung up in this village in 1935. The hall introduces the historical documents related to the legend as well as the characters and historical background.

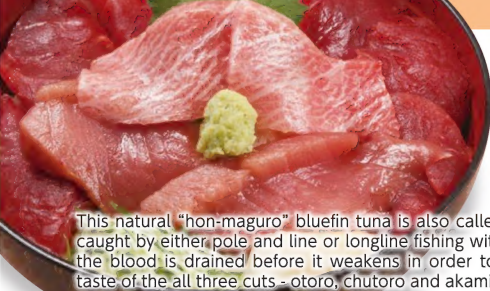
“基督传说”在1935年突然出现在这个村子。传承馆介绍与该传说相关的古文書、人物及时代背景等。

「基督傳説」在1935年突然出現在這個村子。傳承館介紹與該傳説相關的古文書、人物及時代背景等。

1935년, 이 마을에 갑자기 생겨난 「그리스도 전설」. 이 전설과 관련된 고문서와 인물, 시대 배경 등을 소개하고 있습니다.

☎ 0178-78-3741

🚗 About 1 hr by car from Hachinohe Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Oma] Oma tuna 大間まぐろ

This natural “hon-maguro” bluefin tuna is also called the “black diamond”. It is caught by either pole and line or longline fishing without damaging the fish, and the blood is drained before it weakens in order to keep it fresh. Try to get a taste of the all three cuts - otoro, chutoro and akami - on a rice bowl or as sushi.

属于有黑钻之称的天然蓝鳍金枪鱼。捕捞方法是单钩单线钓与延绳钓,不损伤金枪鱼,在其变弱前放血,因此很新鲜。请在原产地品嚐大腩、中腩、赤身的三色金枪鱼盖饭及寿司等。

屬於有黑鑽之稱的天然藍鰭鮭魚。捕捞方法是單鉤單線釣與延繩釣,不損傷鮭魚,在其變弱前放血,因此很新鮮。請在原產地品嚐大腩、中腩、赤身的三色鮭魚蓋飯及壽司等。

검은 다이아몬드라 불리는 천연 참다랑어. 어법은 외줄낚시와 연승잡이로 참치에 상처를 내지 않으며 참치가 약해지기 전에 피를 빼는 이케지메를 해서 신선합니다. 대뱃살·뱃살·등살의 3색 참치가 덮밥과 스시 등을 본고장에서 맛보시기 바랍니다.

☎ 0175-37-2233 (Oma Town Tourist Association)

🚗 Varies by restaurant (Closest station) Shimokita Station on the JR Ōminato Line

[Aomori Prefecture/Hachinohe/ Hashikami and other locations] Ichigoni いちご煮

A regional dish of southern Aomori, ichigoni is a salty broth using plenty of fresh sea urchin and abalone.

这是县南地区的乡土料理,是一种大量使用新鲜的海胆与鲍鱼制作的清淡鱼汤。

這是縣南地區的鄉土料理,是一種大量使用新鮮的海膽與鮑魚製作的清淡魚湯。

현 남부 지방의 향토 요리로 신선한 성개와 전복을 아낌없이 사용한 우시오지루 (국)입니다.

☎ 0178-70-1110 (VISIT Hachinohe),

0178-88-2045 (Hashikami Town Commerce and Industry Association)

🚗 Varies by restaurant (Closest stations) Hon-Hachinohe, Hashikami on the JR Hachinohe Line and others



[Aomori Prefecture/Hiranai] A meal of fresh Hiranai scallops 平内ホタテ活御膳

Hiranai is Japan's largest catch of cultivated scallops and is famous for them. The delicious scallops are served in a variety of ways including raw as sashimi, scallop steak and baby scallop sushi.

这是养殖扇贝收获量日本第一的城镇平内町的名吃。以刺身、烤排、小扇贝寿司等各种料理方式提供美味浓郁的活扇贝。

這是養殖扇貝收穫量日本第一的城鎮平內町的名吃。以刺身、烤排、小扇貝壽司等各種料理方式提供美味濃郁的活扇貝。

양식 가리비 어획량이 일본 제일인 히라나이마치의 명물. 깊은 감칠맛의 활 가리비를 회와 스테이크, 베이비 가리비 회 등 다양한 요리로 제공하고 있습니다.

☎ 017-755-2118 (Hiranai Scallop Cuisine Promotion Council)

🚗 Varies by restaurant (Closest station) Kominato Station on the Aomori Railway and others

[Hokkaido/Kaminokuni] Michi-no-Eki Kaminokuni Monju 道の駅上ノ国もんじゅ

Local agricultural and marine products are available here, as are Japanese and western sweets, as well as the famous strawberry juice. At the restaurant, the Tekkui tendon bowl, topped with local flounder tempura, is a popular dish.

当地产农水产品及西点等琳琅满目,草莓汁为名品。在餐馆,铺放着当地产比目鱼天妇罗的“Tekkui天妇罗盖饭”很受欢迎。

當地產農水產品及西點等琳琅滿目,草莓汁為名品。在餐館,鋪放著當地產比目魚天婦羅的「Tekkui天婦羅蓋飯」很受歡迎。

지역산 농수산물과 전통 과자 등이 갖추어져 있으며 딸기 주스가 명물. 레스토랑에서는 지역산 납치 튀김이 올라간 「뎃쿠이 뎃통」이 인기가 있습니다.

☎ 0139-55-3955 (Kaminokuni Town Tourism Association “Michi-no-Eki Kaminokuni Monju”)

🚗 About 1 hr by car from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway



[Aomori Prefecture/Nakadomari] Nakadomari Sashimi and Boiled Goldeye Rockfish Course 中泊メバルの刺身と煮付け膳

The Tsugaru Strait Goldeye Rockfish from Nakadomari is a high-grade fish. The fish is served both as sashimi with the head and tail as well as simmered, and the meal includes ika somen (squid cut into fine strips resembling somen noodles) and a salty broth.

这是中泊产的高级鱼津轻海峡鲱鱼(汤氏平鲉)的新当地美食。带头尾的刺身、炖鱼、清鱼汤附带鱿鱼鱼线面。

這是中泊產的高級魚津輕海峽鰈魚(湯氏平鮎)的新當地美食。帶頭尾的刺身、燉魚、清魚湯附帶鮫魚線麵。

나카도마리산 고급 생선인 쓰가루 해협 메락 (볼볼락)의 새로운 지역 먹거리. 꼬리와 대가리가 붙어서 나오는 회·조림·우시오지루 (국)에 오징어 소면이 포함됩니다.

☎ 0173-57-2111

(Nakadomari Town, Marine Products Commerce and Tourism Division)

🚗 Varies by restaurant (Closest station) Okutsugaru-Imabetsu Station on the JR Hokkaido Shinkansen or Tsugaru-Nakasato Station on the Tsugaru Railway

[Aomori Prefecture/Aomori] Nokkedon のっけ丼



Little by little, you choose toppings from the ingredients for sale at the market to create your own original rice bowl. Choose as much as you like of whatever you want.

这是一种自己特制的“任性”盖饭,可自己选择一些市场上陈列的食材,盖在米饭上享用。食材与数量都可按照自己的喜好进行选择。

這是一種自己特製的「任性」蓋飯,可自己選擇一些市場上陳列的食材,蓋在米飯上享用。食材與數量都可按照自己的喜好進行選擇。

시장에 진열된 식자재를 조금씩 골라서 밥 위에 얹어 먹는 나만의 내 마음대로 덮밥. 재료도 양도 원하는 만큼 선택하실 수 있습니다.

☎ 017-763-0085 (Nokkedon Information Desk/in the Aomori Gyosai Center)

🚗 About 5 min on foot from Aomori Station on the JR Ōu Line

[Hokkaido/Oshamambe] Kanimeshi かにめし



In 1966 kanimeshi (Crab rice) was chosen as the best in Japan in Nikkan Sports National Train Lunchbox Competition. It is sold at seven restaurants in the town.

1966年在「日刊體育全國車站便當大賽」中奪得日本第一,在日本全國都很有名,在町內的7家店鋪有售。
※螃蟹飯是將螃蟹和米飯混合在一起的菜。

1966年在「日刊體育全國車站便當大賽」中奪得日本第一,在日本全國都很有名,在町內的7家店鋪有售。
※螃蟹飯是將螃蟹和米飯混合在一起的菜。

1966년 「일간스포츠 전국 기차역 도시락 대회」에서 일본 최고가 되어 전국적으로 유명해짐. 지역 내 7개 점포에서 판매하고 있습니다.
※가니메시는 게살을 지은 밥에 섞어서 만든 요리입니다.

☎ 01377-2-2455 (Oshamambe Town, Industrial Development Division)

🚗 Varies by restaurant (Closest stations) Oshamambe Station on the JR Hakodate Line



[Aomori Prefecture/Rokunohe]
Aomori syamorock The Premium #6 (Number Six)
青森シャモロック ザ・プレミアム#6(ナンバーシックス)

Aomori syamorock chickens have been specially bred to increase the umami and feel of the meat. It is only produced by farms designated for production by the Town of Rokunohe. Popular course menus include teppanyaki, hot pot, and dishes in which the meat and vegetables are cooked along with the rice.

青森Shamo Rock鸡经特别饲养，提高了其美味与口感。仅在六戸町指定生产农场饲养。做成铁板烧、火锅、焖米饭等套餐料理很受欢迎。

青森Shamo Rock雞經特別飼養，提高了其美味與口感。僅在六戸町指定生產農場飼養。做成鐵板燒、火鍋、燜米飯等套餐料理很受欢迎。

감칠맛과 식감을 높인 특별 사육 아오모리 사모록. 로쿠노헤마치 지정 생산 농장에서만 생산됩니다. 철판구이나 전골, 모듬 술밥 등의 코스 요리가 인기 있습니다.

☎0176-55-3111 (Rokunohe Town, Industrial Division)
📍Varies by restaurant (Closest station) Hachinohe Station on the JR Tohoku Shinkansen and Mukaiyama Station on the Aomori Railway and others

[Aomori Prefecture/Gonohe]
Horse meat cuisine/Sakura stew/Yoshitsune nabe
馬肉料理・桜鍋・義経鍋

Gonohe is known as the horse-breeding area of the Nanbu Domain. In addition to basashi (horse sashimi) and sakura stew (hot pot), another famous dish is "Yoshitsune nabe", in which diners can enjoy both hot pot and yakiniku style together, cooking vegetables in water in a helmet-shaped pot that includes grills around the edges to cook the meat.

五戸作为南部藩的马产地而闻名。除了马肉刺身、樱锅外，用头盔形状的锅一起享受余锅与烤肉的美味的「义经锅」也是名吃。

五戸作為南部藩的馬產地而聞名。除了馬肉刺身、櫻鍋外，用頭盔形狀的鍋一起享受余鍋與烤肉的美味的「義經鍋」也是名吃。

난부번의 말 산지로 알려진 고노헤. 말고기 회나 사쿠라나베 (말고기 스키야키) 외에도 투구 모양을 한 냄비에 백숙과 불고기를 함께 즐길 수 있는 요시쓰네나베가 명물입니다.

☎0178-62-7155 (Gonohe Town Tourist Association)
📍Varies by restaurant (Closest station) Hachinohe Station on the JR Tohoku Shinkansen



[Aomori Prefecture/Imabetsu]
Michi-no-Eki Imabetsu "Hanto Plaza Asukuru"
道の駅 いまべつ「半島プラザアスクル」

The plaza has shops and restaurants, and the town specialty "mozuku udon" (udon noodles kneaded with mozuku seaweed) and a steak of Imabetsu beef, from the famous Japanese black-hair cattle, are both recommended.

有餐馆、商店，添加町特产海藻做成的「海藻乌冬面」、有梦幻黑毛和牛之称的「今别牛」烤牛排值得推荐。

有餐館、商店，添加町特產海藻做成的「海藻烏冬麵」、有夢幻黑毛和牛之稱的「今別牛」烤牛排值得推薦。

레스토랑과 매점이 있으며 지역 특산품인 모즈쿠 (큰실말)를 반죽해 넣은 「모즈쿠 우동」, 환상의 구로게와규라 불리는 「이마베쓰 소」의 스타이크를 추천해 드립니다.

☎0174-31-5200
📍A short walk from Okutsugaru-Imabetsu Station on the JR Hokkaido Shinkansen or Tsurugaru-Futamata Station on the JR Tsurugaru Line



*Photo is of the 2020 version.

[Aomori Prefecture/Takko]
Takko Garlic Steak Gohan
田子ガーリックステーキごはん

The meal begins with nine appetizers using garlic, and the main course is sushi rolls made by wrapping sushi rice in grilled pork, beef and chicken. Even the ice cream for dessert is made with garlic.

开胃菜是9种的创作大蒜料理，主菜是将铁板烤制的猪肉、牛肉、鸡肉包裹在寿司饭中制作的寿司。连甜点冰淇淋都是大蒜制作的。

開胃菜是9種的創作大蒜料理，主菜是將鐵板烤製的豬肉、牛肉、雞肉包裹在壽司飯中製作的壽司。連甜點冰淇淋都是大蒜製作的。

전채는 9종류의 창작 마늘 요리, 메인은 절판에서 구운 돼지고기·소고기·닭고기로 초밥을 싸서 먹는 스테이크입니다. 후식인 아이스크림까지 마늘을 활용.

*Advance reservations are recommended
☎0179-20-7114 (Takko Garlic Cuisine Promotion Council)
📍Varies by restaurant (Closest station) Ninoh Station on the JR Tohoku Shinkansen and Sannohe Station on the Aomori Railway and others



[Hokkaido/Kikonai]
Michi-no-Eki Misogi no sato Kikonai
道の駅 みそぎの郷きこない

The shopping area has a wide variety of specialties and you can taste seasonal local ingredients in the restaurant. There is also a bakery with the popular salt bread as well as car rental services.

这里除了有特产礼品等一应俱全的销售专区，可品尝到时令当地食材的餐馆、盐面包深受欢迎的面包屋外，还有租车公司。

這裡除了有特產禮品等一應俱全的銷售專區、可品嚐到時令當地食材的餐館、鹽麵包深受歡迎的麵包屋外，還有租車公司。

특산물 등을 두루 갖춘 판매 코너와 제철 식자재를 맛볼 수 있는 레스토랑, 소금빵이 인기 있는 빵집 외에 렌터카 가게도 있습니다.

☎01392-2-3161 (Michi-no-Eki Misogi no sato Kikonai)
☎01392-6-7210 (Donande's Restaurant and Koppen Dodo Bakery)
📍A short walk from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway



[Hokkaido/Yakumo]
Futami Curry
二海カレー

White curry uses Yakumo milk as a base. It's filled with plenty of locally-produced ingredients including scallops and seasonal vegetables.

这是以八云产牛奶为基料制作的白色咖喱。大量放入扇贝及时令蔬菜等当地食材。

這是以八雲產牛奶為基料製作的白色咖喱。大量放入扇貝及時令蔬菜等當地產食材。

아쿠모산 우유를 베이스로 한 화이트 카레. 가리비나 제철 채소 등 지역산 식자재가 듬뿍 들어있습니다.



[Aomori Prefecture/Mutsu]
OMINATO KAIJI Curry



大湊海自カレー

These dishes recreate the tastes of the curries eaten by the units belonging to the Maritime Self-Defense Force Ominato base, and have been certified by their captains and commanders. Enjoy the different taste of each unit's version.

这是重现在海上自卫队大湊基地隶属部队能吃到的味道，获得舰长和司令认定的咖喱。可品尝到每个部队不同的味道。

這是重現在海上自衛隊大湊基地隸屬部隊能吃到的味道，獲得艦長和司令認定的咖喱。可品嚐到每個部隊不同的味道。

해상자위대 오미나토 기지 소속 부대에서 먹을 수 있는 맛을 재현, 함장·사령관에게 인정을 받은 카레. 부대별로 다른 맛을 즐길 수 있습니다.

☎0175-22-1111 (Administrative Offices for the Popularization of OMINATO KAIJI Curry in the Mutsu City Promotion Division)
📍Varies by restaurant (Closest station) Shimokit Station on the JR Ōminato Line and others

[Aomori Prefecture/Rokkasho]
"Rokushu" Chinese yam shochu
(Tours and tastings at Shochu "Rokushu" Distillery)

長いも焼酎「六趣」(六趣醸造工房見学・試飲)



Visitors can take a tour to view the process, including distillation and bottling, through windows and taste the product of "Rokushu" Chinese yam shochu.

除了可透过玻璃参观山药烧酒“六趣”的蒸馏、装瓶等工序外，还可进行试饮。

除了可透過玻璃參觀山藥燒酒「六趣」的蒸餾、裝瓶等工序外，還可進行試飲。

참마 소주 「로쿠슈」의 종류와 병에 담은 공정을 유리 너머로 견학할 수 있으며 시음도 가능합니다.

*Reservations required at least seven days in advance for visitors requiring an explanation (No reservation required for small numbers of people)
☎0175-71-3335 (Shochu "Rokushu" Distillery)
📍About 40 min by car from Noheji Station on the JR Ōminato Line or the Aomori Railway



Try the tomato omelette rice!



[Aomori Prefecture/Yomogita]
Yomogita Product building
Marche Yomogita

よもぎた物産館 マルシェよもぎた

The facility has tomatoes, which are the village specialty, among other agricultural produce as well as processed goods. In the summertime you can enjoy a view of Mutsu Bay with your lunch.

这是村的特产番茄等农产品与加工品琳琅满目的物产馆。夏季可一边欣赏陆奥湾的景色一边享用午餐。

這是村的特產番茄等農產品與加工品琳瑯滿目的物產館。夏季可一邊欣賞陸奧灣的景色一邊享用午餐。

지역 특산품인 토마토를 비롯하여 농산물·가공품이 즐비한 물산관. 여름에는 무쓰만을 바라보며 점심을 즐길 수 있습니다.

☎0174-31-3040
📍About 15 min on foot from Gosawa Station on the JR Tsurugaru Line

[Aomori Prefecture/Oirase]
Momokawa Brewery
桃川酒蔵

Nanbu Toji (master brewers) put their heart and soul into brewing sake while handing down the traditional techniques from the brewery's establishment in the Edo period.

创建于江户时代，南部杜氏（酿酒师）在传承传统技术的同时，精心酿造着美酒。

創建於江戸時代，南部杜氏（釀酒師）在傳承傳統技術的同時，精心釀造著美酒。

에도시대에 창업. 전통 기술을 계승하여 난부 도지 (양조 기술자)가 정성 들어 술을 만들고 있습니다.

*Brewery tours and sake tasting available
*Reservations required at least 3 days in advance
☎All year round (except mid-Dec - early Jan)
☎0178-52-2241
📍About 10 min by car from Shimoda Station on the Aomori Railway





[Aomori Prefecture/Towada]

Canoe Tour カヌーツアー

Experience the magnificent scenery and lush natural beauty of Lake Towada from a canoe.

可一边眺望大自然富饶的十和田湖雄伟景色,一边进行皮划艇体验。

可一邊眺望大自然富饒的十和田湖雄偉景色,一邊進行皮划艇體驗。

자연이 풍요로운 도와다코 호수의 웅대한 경치를 감상하며 카누 체험을 할 수 있습니다.

*Reservations required by noon on the previous day

☎ From late Apr - early Nov 🗳 Adult: 7,600-yen and up / Child (junior high students and younger): 3,800 yen and up

☎ 080-1681-1036 (Towadako Guidehouse Kai)

🚗 (To Yasumiya) (1) About 3 hr by bus from Shin-Aomori Station on the JR Tohoku Shinkansen

(2) About 2 hr 15 min by bus from Hachinohe Station on the JR Tohoku Shinkansen

[Aomori Prefecture/Itayanagi]
Itayanagi Furusato Center

板柳町ふるさとセンター

This is a place to learn about and enjoy apples. In addition to tasting gourmet treats made with apples, there is a full menu of experiences including "rinju" (bark weaving) and boiling the leaves and twigs to make dyes, plus a hot spring and a foot bath.

这是一个学习苹果知识、享受乐趣的设施。除了可享受用苹果制作的美食外,还有用树皮编织的“林秀”制作、煮树叶与树枝进行染色的“苹果草木染”等体验项目、温泉、足浴。

這是一個學習蘋果知識、享受樂趣的設施。除了可享受用蘋果製作的美食外,還有用樹皮編織的「林秀」製作、煮樹葉與樹枝進行染色的「蘋果草木染」等體驗項目、溫泉、足浴。

사과에 대해 배우고 즐길 수 있는 시설. 사과를 써서 만든 먹거리를 맛볼 수 있으며 나무껍질로 된 「린쥬」, 잎과 가지를 삶아 물들인 「사과조목염」 등 체험메뉴와 온천, 족탕도 있습니다.

☎ 0172-72-1500 🚗 About 15 min on foot from Itayanagi Station on the JR Gonô Line

[Hokkaido/Imakane]
Kur Plaza Pirika

クアプラザピリカ

In the summertime, this hot spring accommodation facility is a place where visitors can enjoy camping and strawberry-picking in nature.

这是夏季在大自然中享受露营、草莓采摘乐趣的温泉住宿设施。

這是夏季在大自然中享受露營、草莓採摘樂趣的溫泉住宿設施。

여름에는 대자연 속에서 캠핑이나 딸기 따기를 즐길 수 있는 온천 숙박시설입니다.

*Strawberry-picking is available in the mornings on Sundays and national holidays in Jul-Aug (scheduled), limited to four groups, reservations required at least one day in advance (Inquire for more information)

☎ 0137-83-7111 (TTN Corporation Kur Plaza Pirika)

🚗 About 30 min by bus from Oshamambe Station on the JR Hakodate Line; get off at Kur Plaza Pirika and it will be nearby *When you board the bus, please tell the driver you are getting off at Kur Plaza Pirika

[Aomori Prefecture/Hirosaki]
Hirosaki City Apple Park

弘前市りんご公園



Pick apples in this park while enjoying the view of Mount Iwaki. There are also goods specializing in apples, a restaurant, and a cidre factory.

这是一个可眺望岩木山、进行苹果采摘体验的公园,还有专门用苹果制作的商品、使用苹果制作菜品的餐馆、苹果酒工房。

這是一個可眺望岩木山、進行蘋果採摘體驗的公園。還有專門用蘋果製作的商品、使用蘋果製作菜品的餐館、蘋果酒工房。

이와키산을 보며 사과 수확체험을 할 수 있는 공원. 사과를 중심으로 한 굿즈·레스토랑, 사과주 공방도 있습니다.

☎ 0172-36-7439

🚗 About 20 min by bus from Hirosaki Station on the JR Ôu Line

*The Tamenobu-go bus takes about 40 min (suspended from Dec-Mar)

*The apple-picking experience (paid) is available from early Aug - late Nov

[Hokkaido/Hokuto]
Tani Sightseeing Farm

谷観光農場

Try your hand at harvesting seasonal products - strawberries in spring, cherries in summer and potatoes in autumn. You can also buy fresh vegetables here.

春季的草莓、夏季的櫻桃、秋季的馬鈴薯等,可進行季節作物的收穫體驗,也並設有蔬菜直銷點。

春季的草莓、夏季的櫻桃、秋季的馬鈴薯等,可進行季節作物的收穫體驗,也並設有蔬菜直銷點。

봄의 딸기, 여름의 사과란보, 가을의 감자 등 계절 작물의 수확체험을 할 수 있으며 채소 직판장도 함께 운영하고 있습니다.

*Reservations required for the harvesting experience

☎ 0138-77-6843

🚗 About 10 min by car from Shin-Hakodate-Hokuto Station on the JR Hokkaido Shinkansen

[Aomori Prefecture/Nanbu]
Village in good health
agritourism with four
seasonal festivals

達者村農業観光四季のまつり

You can thoroughly enjoy picking your own cherries, blueberries, peaches, pears, grapes, apples and strawberries in the gardens.

可直接在果园里来摘樱桃、蓝莓、桃子、梨子、葡萄、苹果、草莓等,尽情地享受。

可直接在果園裡採摘櫻桃、藍莓、桃子、梨子、葡萄、蘋果、草莓等,盡情地享受。

사쿠란보 (제리)와 블루베리·복숭아·배·포도·사과·딸기 등을 직접 원지에서 따서 마음껏 맛보실 수 있습니다.

*Reservations required at least three days in advance (not required for cherry-picking)

☎ 0178-76-3020 (Nagawa Agricultural Tourism Information Center)

🚗 About 10 min by car from Suwanotaira Station on the Aomori Railway



[Hokkaido/Fukushima]

Iwabe Cruise

岩部クルーズ

Take a tour around unexplored parts of the Southern Hokkaido region that can only be reached by boat. Board a glass-bottomed boat to see all the way to the bottom of the sea and enjoy the wondrous scenery as you visit the blue cavern and see many massive and unusual rock formations. Service of taking commemorative photos by drone is also very popular.

来一场仅可乘船进入的道南秘境巡游之旅。乘坐可看到海底的玻璃船参观「蓝色洞窟」,众多奇岩,欣赏梦幻般的景色。使用无人机拍摄纪念照服务也很受欢迎。

來一場僅可乘船進入的道南秘境巡遊之旅。搭乘可看到海底的玻璃船參觀「藍色洞窟」、眾多奇岩,欣賞夢幻般的景色。使用無人機拍攝紀念照服務也很受歡迎。

배로만 갈 수 있는 도남의 비경을 둘러보는 투어. 바다 밑이 보이는 글라스 보트로 푸른 동굴과 각종 기암을 견학하며 환상적인 풍경을 즐깁니다. 드론으로 하는 기념촬영 서비스도 인기.

*Reservations required

☎ From late Apr - mid-Oct

☎ 0139-46-7822

🚗 About 50 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway; get off at Fukushima and drive for about 15 min

[Aomori Prefecture/Aomori]
ASPAM
(Aomori Prefecture Tourist Center)
青森県観光物産館アスパム

ASPAM is a hub for Aomori Prefecture tourism and products. In addition to the observation deck, the facility also has one of Japan's biggest 360° 3D theaters and a souvenir shop boasting one of the prefecture's largest selections of products.

青森县的观光与物产的观光中心。有展望台、日本最大级别的“360° 3D 影院”、物品齐全的县内最大级别特产礼品区。

青森縣的觀光與物產的觀光中心。有展望台、日本最大級別的「360° 3D 影院」、物品齊全的縣內最大級別特產禮品區。

아오모리현의 관광과 물산의 거점시설. 전망대 외에도 일본 최대급의 「360° 3D 극장」, 현 내 최대급의 다양한 상품을 자랑하는 기념품 코너가 있습니다.

☎ 017-735-5311

🚗 About 8 min on foot from Aomori Station on the JR Ôu Line

[Aomori Prefecture/Goshogawara]
Tsugaru Shamisen Hall
津軽三味線会館

The Tsugaru shamisen originated in Kanagi, and the hall introduces the instrument as well as folk entertainment. Visitors can enjoy live Tsugaru shamisen performances.

这是介绍津轻三味线及乡土艺术的设施,位于津轻三味线的发祥地金木。可欣赏到津轻三味线的现场演奏。

這是介紹津輕三味線及鄉土藝術的設施,位於津輕三味線的發祥地金木。可欣賞到津輕三味線的現場演奏。

쓰가루 샤미센의 발상지인 가나기에 있는 쓰가루 샤미센과 향토예능을 소개하는 시설. 쓰가루 샤미센의 라이브 연주를 감상할 수 있습니다.

☎ 0173-54-1616 🚗 About 10 min on foot from Kanagi Station on the Tsugaru Railway

[Hokkaido/Esashi] Esashi Oiwake Museum/Esashi Yama Museum

江差追分会館・江差山車会館

Experience and enjoy performances of the “Esashi Oiwake” folk song, which is designated as Hokkaido heritage, and there is a display of a permanent exhibition of festival floats from the Ubagamidajingu Shrine Tokyo Festival.

还以常设展的方式展览着“姥神大神宫渡御祭”的花车,可进行北海道遗产民谣“江差追分”的体验并观赏其实际表演。

還以常設展的方式展覽著「姥神大神宮渡御祭」的花車,可進行北海道遺產民謠「江差追分」的體驗並觀賞其實際表演。

홋카이도 유산의 민요 「에사시 오이와케」의 체험·실연을 즐길 수 있으며 민속 축제 「우바가미다이진구 도교사이」의 수레도 상설 전시하고 있습니다.

☎ 0139-52-0920 (Esashi Oiwake Museum)

🚗 About 1 hr 30 min by bus from Kikonai Station on the JR Hokkaido Shinkansen or the South Hokkaido (Donan Isaribi) Railway

[Aomori Prefecture/Nishimeya]

Nishimeya Dam Lake
Amphibious Bus Tour

水陸兩用バス「ニシメヤ・ダムレイクツアー」

Traveling by amphibious bus is an unusual tour in Japan. You can fully enjoy the dammed Tsugaru Shirakami Lake and the natural beauty of Shirakami-Sanchi.

这是乘坐水陆两用巴士前往的旅游,在日本也很少有。可尽情享受受水库湖「津轻白神湖」与白神山地的大自然。

這是搭乘水陸兩用巴士前往的旅遊,在日本也很少有。可盡情享受受水庫湖「津輕白神湖」與白神山地的大自然。

수륙양용 버스로 가는 국내에서도 보기 드문 투어. 댐 호수인 「쓰가루 시라카미 호수」와 시라카미 산지의 자연을 만끽할 수 있습니다.

*Reservations required at least one day in advance (closed on Wednesdays) *On the day of the ride, tickets are sold on a first-come-first-served basis

☎ 0172-85-3315 (Tsugaru Shirakami Tour)

🚗 About 30 min by car or about 55 min by bus from Hirosaki Station on the JR Ôu Line

[Aomori Prefecture/Kuroishi]

IRODORI
IRODORI

Here you can experience making fans and lanterns using neputa paintings that have actually been used in festivals. There is also a shop lined with goods made by local artists.

可体验实际使用的正式睡魔灯笼画制作团扇、灯笼。还并设有陈列着当地制作者制作的杂货的商店。

可體驗實際使用的正式睡魔燈籠畫製作團扇、燈籠。還並設有陳列著當地製作者製作的雜貨的商店。

실제로 사용된 네푸타 그림으로 부채나 등롱 제작 체험을 할 수 있습니다. 지역 작가가 만든 잡화가 진열된 가게도 있습니다.

*Reservations required at least one day in advance (7 days in advance for large groups)

☎ 0172-55-6188

🚗 About 10 min on foot from Kuroishi Station on the Konan Line of the Konan Railway

Suggested Routes For Traveling in Aomori & Southern Hokkaido



Information

Aomori Sightseeing Guide

青森県観光情報サイト

This site offers recommended travel routes and other sightseeing information to visitors of Aomori. 介绍青森县的观光信息、推荐的观光路线等。 介绍青森县的观光资讯、交通资讯的APP。 介绍青森县的观光资讯、交通资讯的APP。 介绍青森县的观光资讯、交通资讯的APP。 介绍青森县的观光资讯、交通资讯的APP。

URL: <https://www.apinet.jp/>

日本語 | English | 简体字 | 繁体字 | 한국어

Good Day HOKKAIDO

Good Day 北海道

This site offers information on Hokkaido's sightseeing spots and suggested travel routes. 介绍北海道的观光景点及典型路线。 介绍北海道的观光景点及典型路线。 介绍北海道的观光景点及典型路线。 介绍北海道的观光景点及典型路线。

URL: <https://en.visit-hokkaido.jp/>

日本語 | English | 简体字 | 繁体字 | 한국어 | Indonesia

JAPAN: the Official Guide

外国人患者を受け入れる医療機関リスト

This guide provides useful information for visitors requiring medical attention during their stay in Japan. 刊登旅游中万一要在日本接受治疗的有用信息。 刊登旅游中万一要在日本接受治疗的有用信息。 刊登旅游中万一要在日本接受治疗的有用信息。 刊登旅游中万一要在日本接受治疗的有用信息。

URL: https://www.jnto.go.jp/emergency/eng/mi_guide.html

日本語 | English | 简体字 | 繁体字 | 한국어

Aomori Navi

あomorナビ

This app provides travel and traffic information to visitors of Aomori. 介绍青森县的观光信息、交通信息的APP。 介绍青森县的观光资讯、交通资讯的APP。 介绍青森县的观光资讯、交通资讯的APP。 介绍青森县的观光资讯、交通资讯的APP。

URL: <https://en.visit-hokkaido.jp/>

日本語 | English | 简体字 | 繁体字 | 한국어



For iPhone

Download on the App Store

For Android

GET IT ON Google Play

Aomori & Southern Hokkaido Route①

For shinkansen use

Day 1

Shin-Hakodate-Hokuto Station

1 Trappist Monastery ▶P11

2 Michi-no-Eki Misogi no sato Kikonai ▶P13

3 Iwabe Cruise ▶P18

Day 2

Okutsugaru-Imabetsu Station

4 Tachineputa-no-Yakata (Tachineputa Museum) ▶P7

5 Tsuru-no-Mai Bridge ▶P4

Day 3

6 Juniko Lakes(Aoiike Pond) ▶P3

7 Koganezaki Furofushi Onsen ▶P15

Shin-Aomori Station

Aomori Prefecture Route①

Day 1

Shin-Aomori Station

Hirosaki Station

1 Hirosaki Park (Hirosaki Castle) ▶P2

2 Hirosaki Museum of Contemporary Art ▶P6

3 Hirosaki City Apple Park ▶P17

Day 2

4 Nakamachi-Komise Street ▶P10

5 Rice paddy art ▶P6

6 Seibien ▶P10

Day 3

Hirosaki Station

7 Nishimeya Dam Lake Amphibious Bus Tour ▶P18

Shin-Aomori Station

Aomori & Southern Hokkaido Route②

For ferry use

Day 1

Hachinohe Station

1 Misawa Aviation & Science Museum, Aomori ▶P6

2 Fields of rape blossoms in Yokohama ▶P2

Day 2

3 Osorezan ▶P11

4 Hotokegaura ▶P4

Day 3

5 Mount Hakodate Night View ▶P5

6 Goryokaku Park ▶P2

7 Esashi Oiwake Museum ▶P18

Day 3

Kikonai Station

Aomori Prefecture Route②

Day 1

Shin-Aomori Station

1 Aomori Museum of Art ▶P6

2 Sannai Maruyama Site ▶P9

3 Hakkoda ▶P3

Day 2

4 Oirase Gorge ▶P3

5 Towada Art Center ▶P6

Day 3

6 Tanesashi Coast ▶P4

7 Korekawa Archaeological Institution (Korekawa Jomon Kan) ▶P9

Day 3

Hachinohe Station



Aomori Shuttle de Route Bus - Nebutan

あomorシャトルdeルートバス「ねぶたん号」

This bus carries passengers from the transport hubs of Aomori Station and Shin-Aomori Station to important sightseeing establishments, like the Aomori Museum of Art, the Sannai Maruyama Site and the ASPAM.

连接青森站、新青森站等交通枢纽与「青森县立美术馆」、「三内丸山遗址」、「ASPAM」等主要观光设施的穿梭巴士。

连接青森站、新青森站等交通枢纽与「青森县立美术馆」、「三内丸山遗址」、「ASPAM」等主要观光设施的穿梭巴士。

아오모리역과 신아오모리역을 시작으로 하는 교통 거점과 「아오모리 현립미술관」 「산나이라무야마 유적」 「아스팜」 등 주요한 관광시설을 연결하는 셔틀버스입니다.

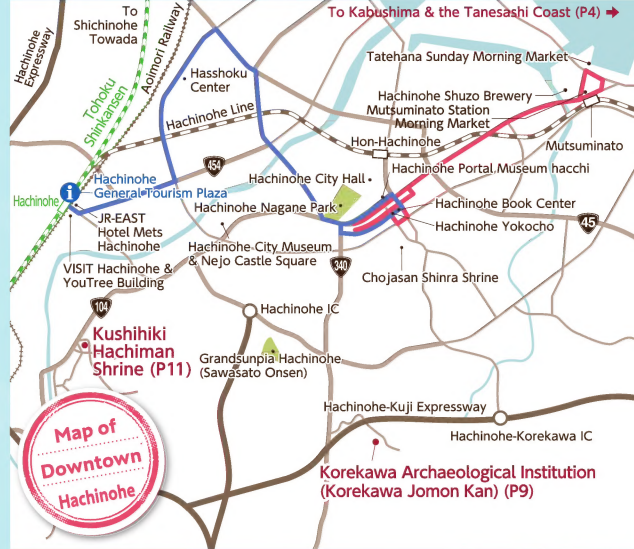
¥ Adult: 300 yen ; Elementary School Student: 150 yen One-Day Pass - Adult: 700 yen ; Elementary School Student: 350 yen Two-Day Pass - Adult: 800 yen ; Elementary School Student: 400 yen

URL: <https://global.atca.info/>

日本語 | English | 简体字 | 繁体字 | 한국어

Sunday Morning Market Loop Bus - Isaba bus route

Two convenient bus routes connecting Hashshoku Center to Hachinohe Station and the Hachinohe Downtown Core



Sunday Morning Market Loop Bus - Isaba 日曜朝市循環バス「いさば号」

This bus shuttles passengers to the Tatehana Sunday Morning Market in Hachinohe. 在举办馆藏鼻壁早市的周日循环于八户市内早市的巴士。

在舉辦館鼻壁早市的週日循環於八戶市内早市的巴士。

다테하나 안벽의 새벽시장이 개최되는 일요일에 하치노헤 시내의 새벽시장을 순환하는 버스입니다.

Sundays from Early Apr - Late Dec (Scheduled)

¥ Adult: 100 yen ; Child : 50 yen

URL: <https://visithachinohe.com/en/stories/asaichi-junkan-bus/>

日本語 | English

Two Convenient Buses Connecting Hashshoku Center to Hachinohe Station and the Hachinohe Downtown Core

ハスセンターと八戸駅・中心街を結ぶ便利なバス

These convenient sightseeing buses shuttle passengers between Hachinohe Station and Hashshoku Center, also between Hashshoku Center and Hachi or Hachinohe Book Center (in Downtown Hachinohe).

从八户站前往拥有八户书籍中心等市中心区及八户中心观光也很方便。

從八戶站前往擁有八戶書籍中心等市中心區及八戶中心觀光也很方便。

하치노헤역에서 핫소쿠 센터, 핫소쿠 센터에서 핫치-하치노헤 북센터 등이 있는 중심가 관광에도 편리합니다.

¥ Hachinohe Station - Hashshoku Center / Adults 100 yen

Downtown - Hashshoku Center / Adults 170-200 yen *Children are half-price

URL: <https://visithachinohe.com/en/places/the-hashshoku-center-busses-two-easy-cheap-ways-to-get-to-the-hashshoku-center/>

日本語 | English

Hakodate Tramway 函館市電

The Hakodate Tramway Line conveniently carries passengers to Goryokaku Park, Yunokawa and other such sightseeing spots.

连接「五棱郭公园」及「汤之川」等景点的便利市电(路面电车)。

連接「五棱郭公園」及「湯之川」等景點的便利市電(路面電車)。

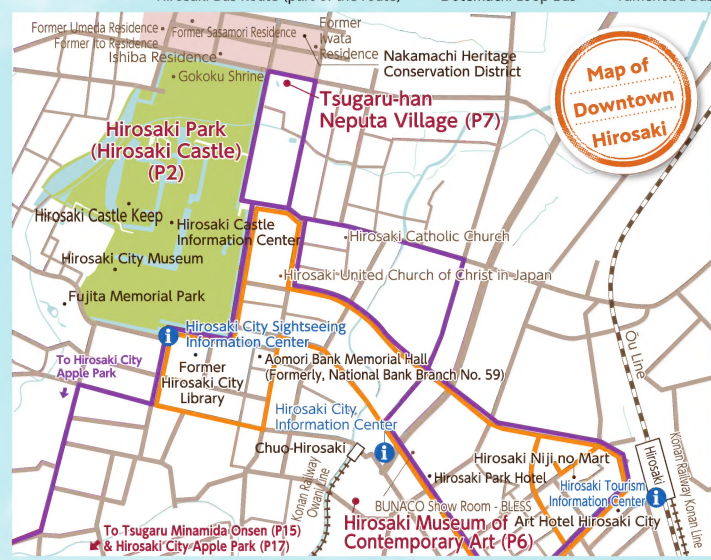
「고로기쿠 공원」이나 「유노키와」 등 명소를 연결하는 편리한 시영 전차.

¥ Adult: 210 -260 yen ; Child: 110 -130 yen ; Day Pass - Adult: 600 yen ; Child: 300 yen

URL: <https://www.hakodate.travel/en/information/city-traffic.html>

日本語 | English | 简体字 | 繁体字 | 한국어 | Thai script | Bahasa Indonesia | Bahasa Melayu

Hirosaki Bus Route (part of the route) Dotemachi Loop Bus Tamenobu Bus



Budget Hirosaki Bus バスお得に弘前めぐり

These buses take passengers on a circular route of Hirosaki, making stops at Tsugaru-han Neputa Village, Hirosaki Park, Hirosaki Castle, Hirosaki Station and Apple Park. Passengers may board Dote-machi Loop and Tamenobu buses (Note: The Tamenobu Bus does not operate from Dec-Mar).

可將快地乘坐巴士巡遊津輕藩便武多村、弘前公園、弘前城、弘前站、蘋果公園等。還可乘坐土手町循環巴士與信號巴士(12月~3月停運)。

可暢快地搭乘巴士巡遊津輕藩便武多村、弘前公園、弘前城、弘前站、蘋果公園等。還可搭乘土手町循環巴士與信號巴士(12月~3月停運)。

쓰가루번 네푸타 마을·히로사키 공원·히로사키 성곽 히로사키역·사과공원 등을 손쉽게 둘러볼 수 있습니다.

도테마치 순환 버스와 다메노부호(12월~3월은 운휴)를 이용하실 수 있습니다.

¥ Adult: 100 yen ; Elementary School Student: 50 yen

*The Tamenobu Bus only covers a portion of the tour. Adult: 200 yen ; Elementary School Student: 100 yen

One-Day Pass - Adult: 500 yen ; Middle School Student: 300 yen ; Elementary School Student: 200 yen

URL: https://www.hirosaki-kanko.or.jp/en/edit.html?id=100-yen_bus

日本語 | English | 简体字 | 繁体字

Map of Downtown Hakodate



Aomori Prefecture & Southern Hokkaido Area Map

青森県・道南 エリアマップ



JR

JR East Info Line ☎050-2016-1603

10:00AM - 6:00PM (excluding New Year holidays)

JR HOKKAIDO RAILWAY COMPANY Telephone Information Center

☎011-222-7111 6:30AM - 10:00PM

Shin-Osaka

Tokaido Shinkansen "Nozomi"
Approximately 2 hr 30 min

Tokyo

Tohoku Shinkansen "Hayabusa"
Approximately 3 hr

Shin-Aomori

Hokkaido Shinkansen
Approximately 1 hr

Shin-Hakodate

Limited Express Hokuto
Approximately 3 hr 30 min

Sapporo

*These are estimates of the time required. The time required to reach your destination may change depending on the train and the date and time. Please inquire at the station or check the full timetable before your trip.
※記載した大致所需時間。至目的地の所需時間可能会因搭乘的列车、日期与时间而变化。因此，旅行时请事先在车站窗口询问，或者通过大型时刻表进行确认。
※記載した大致所需時間。至目的地の所需時間可能会因搭乘的列车、日期与時間而变化。因此，旅行時請事先在車站窗口詢問，或者透過大型時刻表進行確認。
※所要時間の基準を7時以降とします。出発時刻が7時以降に変わる場合は、所要時間が異なる場合があります。変更の際は、各駅に設置された案内板を参照してください。

JR East
Resort Trains
JR東日本リゾート列車

Reserved seating only

Resort Shirakami
(Aomori - Shin-Aomori - Hirosaki - Akita *Stops along the way not listed)
URL: <https://www.jreast.co.jp/e/joyful/shirakami.html>
Resort Asunaro (Main route: Hachinohe - Ominato)
URL: <https://www.jreast.co.jp/e/joyful/asunaro.html>

Private Railways / Trams
民営鉄道・市電

Tsugaru Railway ☎0173-34-2148 South Hokkaido Railway ☎0138-83-1977
Konan Railway ☎0172-44-3136 Hakodate City Tram/Hakodate Transportation Bureau ☎0138-52-1273
Aomori Railway ☎017-752-0330



(1) JAL Domestic Reservations/Information ☎0570-025-071 ☎03-5460-0522
*For Misawa ↔ Sapporo (Okadama) ☎0570-025-071
(2) FTA Call Center ☎0570-55-0489 (3) ANA Domestic Reservations/Information Center ☎0570-029-2222
(4) Korean Air, Eastern Japan Branch ☎03-5443-3305 (5) EVA Airways ☎0570-666-737
(6) Air Do ☎0120-057-333 (7) Tigerair Taiwan ☎03-6455-0242
(8) HAC Reservation Center ☎0570-025-071 ☎03-5460-0522

Tokyo (Haneda)	1 hr 15-20 min (1)	Aomori
Osaka (Itami)	1 hr 25-35 min (1)	
	1 hr 40-50 min (3)	
Sapporo (Chitose)	45-55 min (1)(3)	
Nagoya (Komaki)	1 hr 20-25 min (2)	
Kobe	1 hr 40-50 min (2)	
Seoul *	2 hr 20-35 min (4)	
Taipei *	3 hr 35 min (5)	
Tokyo (Haneda)	1 hr 20-25 min (1)	Misawa
Osaka (Itami)	1 hr 30-45 min (1)	
Sapporo (Okadama)	1 hr (1)	
Hakodate *	(6)	
Tokyo (Haneda)	1 hr 20-30 min (1)	Hakodate
	1 hr 20-25 min (3)(6)	
Osaka (Itami)	1 hr 30-45 min (1)	
	1 hr 35-40 min (3)	
Sapporo (Okadama)	40 min (1)	
Nagoya (Chubu)	1 hr 30-35 min (3)(6)	
Taipei *	3 hr 35 min (5)(7)	
Okushiri	30 min (1)	
Sapporo (Shin Chitose)	30-40 min (3)	

*Suspended as of Feb 1, 2021

